

Summer Swim Lessons

About Swim Lessons...

Small group lessons are available from highly qualified instructors. Classes have 4-8 participants each. Participants registering in Advanced Swimming must pre-test for this level (see below). Lessons held rain or shine, except in cases of thunder/lightning storms.

All sessions are 2 weeks, Monday-Thursday, 35 minutes each day. Saturday sessions meet for 4 weeks, 35 minutes each day.

Participants *must* be registered in the level according to their age.

Please Note: Staff will register participants in correct age level classes should registration forms be submitted with incorrect age level class codes. **You must pre-test or have proof of passing Learn to Swim level before enrolling in Advanced Swimming level.**

Swim Lesson Pre-Testing

Pre-Testing for Swim Lesson class levels are held at the Milpitas Sports Center. No appointment is necessary.

- Mondays-Thursdays, March 19-April 26, 6:00-7:00 pm.
- Saturdays, March 24 through the end of summer, 10:00 am-12:00 pm.



Swim Towards Excellence with the Milpitas Tidal Waves!

This competitive United States Swimming Team is open to youth ages 6-18 years. Practices are held at the Milpitas Sports Center, 1325 E. Calaveras Blvd. and Milpitas High School, 1285 Escuela Pkwy. Participants must be able to complete 2 laps each of the freestyle, backstroke and breaststroke. Discount for multiple children in the same family. For more information, call (408) 586-3225.

Fees:

\$50 per month for the 1st child*

\$40 per month for the 2nd child*

\$30 per month for the 3rd child*

(Non-residents are charged an additional \$10 monthly fee)

* Plus \$50 annual USS registration fee.

Practice Times:

Monday-Friday, 6:00-9:15 am or 4:00-6:00 pm (time of practice and location depends on skill level).



Summer Recreation Swimming

\$2 per person

Sports Center Aquatics Complex

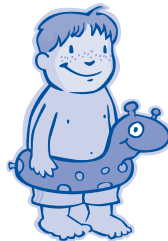
Monday-Friday, June 25-August 24 • 2:30-4:30 pm

Saturday, June 23-August 25 • 12:00-4:00 pm

Holiday Swim

Independence Day, July 4, 1:00-5:00 pm

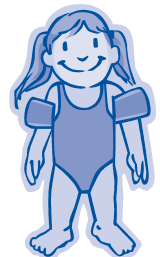
Labor Day, September 3, 12:00-4:00 pm



Please Note:

- No diapers or pull-ups allowed in pools. Children's specialized swimming pull-ups are required.
- Deep Water Swim test required for all swim patrons.

**For more information, call the
Milpitas Sports Center at (408) 586-3225**



Registration Begins

March 24 for Milpitas residents & April 12 for non-residents

Be sure to register early. Classes with low enrollments will be canceled a few days prior to their start dates. Our Registration section for refund policies.

Waiting List Policy

You will be placed on the Waiting List without payment should your class choice(s) be full. Parks & Recreation Services staff will contact those on the Waiting List, in order of placement, once an opening occurs. People on the Waiting Lists are not guaranteed enrollment in class. Please do not go to class if you are on the Waiting List. Should you go to the class and an enrolled participant is absent, you will not be able to "take" their space.

Sports Center Swim Lessons

Parent/Tot Drop-In Program

Spend some quality time with your child! 30 minutes of fun in the water; toys and a lifeguard are provided. Children must be accompanied in the water by an adult 18 years or older. This program is **not** designed to teach children to swim or survive in the water on their own. **No instruction will be provided.** For ages 6 months to 35 months.

The Parent/Tot Drop-In is on a first come, first serve basis. The program is limited to the first 10 participants per time slot.

Please Note:

- Only one child per adult, age 18 or older.
- A non-refundable 5-visit pass costs \$10.00.
- Non-residents pay an additional \$10 **annual fee**.
- No diapers or pull-ups allowed in pools. Children's specialized swimming pull-ups are required.

Milpitas Sports Center

June 25-August 16

Monday-Thursday

9:25-10:00 am

10:05-10:40 am

10:45-11:20 am

12:45-1:20 pm

Milpitas High School

June 25-August 16

Monday-Thursday

9:00-9:35 am

11:00-11:35 am

3:00-3:35 pm

6:00-6:35 pm

Tiny Tot Swim Lessons

Ages 3-5. Emphasizes water comfort without the parent and beginning water skills. **Classes meet Monday-Thursday, 35 minutes daily.**

Class	6/25-7/5*	7/9-7/19	7/23-8/2	8/6-8/16
8:45-9:20 am	STT311	STT321	STT331	STT341
9:25-10:00 am	STT312	STT322	STT332	STT342
10:05-10:40 am	STT313	STT323	STT333	STT343
10:45 -11:20 am	STT314	STT324	STT334	STT344
12:45-1:20 pm	STT315	STT325	STT335	STT345
1:25-2:00 pm	STT316	STT326	STT336	STT346

* No class held July 4.

Private Lessons

Class size: 1 participant, 30 minutes

Fee: \$40 (\$30 residents), 1 meeting

Ages: 3+ years

Private swim lessons will be offered August 20-25, at the Milpitas Sports Center on a space and instructor availability basis. Lessons are designed to enhance swimming skills learned in group lessons and for water adjustment.

Time	8/20	8/21	8/22	8/23	8/24
10:00 am	SP301	SP311	SP321	SP331	SP341
10:30 am	SP302	SP312	SP322	SP332	SP342
11:00 am	SP303	SP313	SP323	SP333	SP343

Swim Lesson Fees:

***\$59 (\$49 residents) *6/25-7/5 Session (7 classes - No class Tuesday, July 4)**

\$66 (\$56 residents) July & August Sessions, Monday-Thursday, 8 classes

Learn to Swim

Ages 6-14. Participants will be placed in appropriate levels on the first day of class depending on skill proficiency. This class focuses on beginning strokes, breath control and basic water skills. **Classes meet Monday-Thursday, 35 minutes daily.**

Class	6/25-7/5*	7/9-7/19	7/23-8/2	8/6-8/16
8:45-9:20 am	SLS311	SLS321	SLS331	SLS341
9:25-10:00 am	SLS312	SLS322	SLS332	SLS342
10:05-10:40 am	SLS313	SLS323	SLS333	SLS343
10:45 -11:20 am	SLS314	SLS324	SLS334	SLS344
12:45-1:20 pm	SLS315	SLS325	SLS335	SLS345
1:25-2:00pm	SLS316	SLS326	SLS336	SLS346

* No class held July 4.

Advanced Swimming

Ages 7-14. Pre-test or Learn to Swim certificate required. Participants must be able to swim one full lap of freestyle, breaststroke and backstroke. This class focuses on refinement and proficiency of swim strokes. **Classes meet Monday-Thursday, 35 minutes daily.**

Class	6/25-7/5*	7/9-7/19	7/23-8/2	8/6-8/16
8:45-9:20 am	SAS311	SAS321	SAS331	SAS341
9:25-10:00 am	SAS312	SAS322	SAS332	SAS342
10:05-10:40 am	SAS313	SAS323	SAS333	SAS343
10:45 -11:20 am	SAS314	SAS324	SAS334	SAS344
1:25-2:00 pm	SAS316	SAS326	SAS336	SAS346

* No class held July 4.

Adult Lessons

Ages 15+. This class is designed for both adult beginners and those wishing to perfect their strokes. Class will be geared to the individual needs and abilities of the participants. Full range of skills will be covered based on starting skill level.

Classes meet Monday-Thursday, 35 minutes daily.

Class	6/25-7/5*	7/9-7/19	7/23-8/2	8/6-8/16
10:05-10:40 am	SAD313	SAD323	SAD333	SAD343
10:45-11:20am	SAD314	SAD324	SAD334	SAD344
12:45-1:20 pm	SAD315	SAD325	SAD335	SAD345

* No class held July 4.



Milpitas High School Swim Lessons

Tiny Tot Swim

Ages 3-5. Emphasizes water comfort without the parent and beginning water skills. **Classes meet Monday-Thursday, 35 minutes daily.**

Class	6/25-7/5*	7/9-7/19	7/23-8/2	8/6-8/16
9:00-9:35 am	MTT411	MTT421	MTT431	MTT441
9:40-10:15 am	MTT412	MTT422	MTT432	MTT442
10:20-10:55 am	MTT413	MTT423	MTT433	MTT443
11:00-11:35 am	MTT414	MTT424	MTT434	MTT444
11:40-12:15pm	MTT415	MTT425	MTT435	MTT445
12:20-12:55 pm	MTT416	MTT426	MTT436	MTT446
3:00-3:35 pm	MTT417	MTT427	MTT437	MTT447
3:40-4:15 pm	MTT418	MTT428	MTT438	MTT448
4:20-4:55 pm	MTT419	MTT429	MTT439	MTT449
5:20-5:55 pm	MTT511	MTT521	MTT531	MTT541
6:00-6:35 pm	MTT512	MTT522	MTT532	MTT542
6:40-7:15 pm	MTT513	MTT523	MTT533	MTT543
7:20-7:55 pm	MTT514	MTT524	MTT534	MTT544

* No class held July 4.

Learn to Swim

Ages 6-14. Participants will be placed in appropriate levels on the first day of class depending on skill proficiency. This class focuses on beginning strokes, breath control and basic water skills. **Classes meet Monday-Thursday, 35 minutes daily.**

Class	6/25-7/5*	7/9-7/19	7/23-8/2	8/6-8/16
9:00-9:35 am	MLS411	MLS421	MLS431	MLS441
9:40-10:15 am	MLS412	MLS422	MLS432	MLS442
10:20-10:55 am	MLS413	MLS423	MLS433	MLS443
11:00-11:35 am	MLS414	MLS424	MLS434	MLS444
11:40-12:15pm	MLS415	MLS425	MLS435	MLS445
12:20-12:55 pm	MLS416	MLS426	MLS436	MLS446
3:00-3:35 pm	MLS417	MLS427	MLS437	MLS447
3:40-4:15 pm	MLS418	MLS428	MLS438	MLS448
4:20-4:55 pm	MLS419	MLS429	MLS439	MLS449
5:20-5:55 pm	MLS511	MLS521	MLS531	MLS541
6:00-6:35 pm	MLS512	MLS522	MLS532	MLS542
6:40-7:15 pm	MLS513	MLS523	MLS533	MLS543
7:20-7:55 pm	MLS514	MLS524	MLS534	MLS544

* No class held July 4.

Advanced Swimming

Ages 7-14. Pre-test or Learn to Swim certificate required. Participants must be able to swim one full lap of freestyle, breaststroke and backstroke. This class focuses on refinement and proficiency of swim strokes. **Classes meet Monday-Thursday, 35 minutes daily.**

Class	6/25-7/5*	7/9-7/19	7/23-8/2	8/6-8/16
9:00-9:35 am	MAS411	MAS421	MAS431	MAS441
9:40-10:15 am	MAS412	MAS422	MAS432	MAS442
10:20-10:55 am	MAS413	MAS423	MAS433	MAS443
11:00-11:35 am	MAS414	MAS424	MAS434	MAS444
11:40-12:15pm	MAS415	MAS425	MAS435	MAS445
12:20-12:55 pm	MAS416	MAS426	MAS436	MAS446
3:00-3:35 pm	MAS417	MAS427	MAS437	MAS447
3:40-4:15 pm	MAS418	MAS428	MAS438	MAS448
4:20-4:55 pm	MAS419	MAS429	MAS439	MAS449
5:20-5:55 pm	MAS511	MAS521	MAS531	MAS541
6:00-6:35 pm	MAS512	MAS522	MAS532	MAS542
6:40-7:15 pm	MAS513	MAS523	MAS533	MAS543
7:20-7:55 pm	MAS514	MAS524	MAS534	MAS544

* No class held July 4.

Adult Swim Lessons

Ages 15+. This class is designed for both adult beginners and those wishing to perfect their strokes. Class will be geared to the individual needs and abilities of the participants. Full range of skills will be covered based on starting skill level.

Classes meet Monday-Thursday, 35 minutes daily.

Class	6/25-7/5*	7/9-7/19	7/23-8/2	8/6-8/16
11:40-12:15pm	MAD415	MAD425	MAD435	MAD445
12:20-12:55 pm	MAD416	MAD426	MAD436	MAD446
6:00-6:35 pm	MAD512	MAD522	MAD532	MAD542
6:40-7:15 pm	MAD513	MAD523	MAD533	MAD543
7:20-7:55 pm	MAD514	MAD524	MAD534	MAD544

* No class held July 4.

Swim Lesson Fees:

*\$59 (\$49 residents) *6/25-7/5 Session (7 classes - No class Tuesday, July 4)
\$66 (\$56 residents) July & August Sessions, Monday-Thursday, 8 classes



Swim, Water Polo & Lifeguard Camps

Swim Camp - Level 1

Interested in becoming a fast swimmer? How about racing? This camp teaches competitive stroke techniques in freestyle, backstroke and breaststroke. Coaches will instruct on proper swimming strokes, drills and competitive dives. **Participants must be able to complete two laps each of freestyle, backstroke and breaststroke, or have successfully completed an Advanced Swim class prior to first day of camp.** Ages 8-16.

Please Note:

- Instructor: Recreation Aquatic Staff.
- Bring swimsuit, towel and sunscreen.

#8001.301	8-16 y	Mon-Fri	10 meetings
7/23-8/3	8:30-9:30 am	Sports	\$60 / \$50

Swim Camp - Level 2

Emphasis is placed on perfection of the competitive swimming strokes of butterfly, backstroke, breaststroke and freestyle, racing starts, turns, speed and endurance drills and introduction to competition. Upon completion, swimmers will have the option of moving on to the Milpitas Tidal Waves swim team. **Participants must have completed Swim Camp Level 1, or an Advanced Swim class prior to first day of class.** Ages 8-16.

Please Note:

- Instructor: Recreation Aquatic Staff.
- Bring swimsuit, towel and sunscreen.

#8002.301	8-16 y	Mon-Fri	10 meetings
8/6-8/17	8:30-9:30 am	Sports	\$60 / \$50

Water Polo Camp

Join this exciting new sport! Water Polo is a combination of soccer and basketball in the pool! Come learn the fundamentals of the game, including ball handling, dribbling, passing and game strategies. Participants must be able to swim 1 lap of freestyle and tread water for 1 minute. Ages 8-16.

Please Note:

- Instructor: Recreation Aquatic Staff.
- Bring swimsuit, towel and sunscreen.

#8005.301	8-16 y	Mon-Fri	10 meetings
7/23-8/3	7:30-9:00 am	MHS	\$60 / \$50

Jr. Lifeguard Program

Are you interested in becoming a lifeguard but are not old enough? This course's content includes training in pool safety, rescue techniques and swim lesson aide. Upon successful completion, participants are eligible to volunteer as a Junior Lifeguard at either the Sports Center or Milpitas High School pools during the summer. Ages 10-14.

Please Note:

- Instructor: Recreation Aquatic Staff.
- Fee includes T-Shirt and City of Milpitas Jr. Lifeguard manual.
- No class held July 4. Class will be held on Saturday, July 7.
- Bring swimsuit, towel and sunscreen.

#2723.301	10-14 y	Mon-Fri	10 meetings
6/25-7/7*	8:00-10:00 am	Sports	\$60 / \$50



Advanced Jr. Lifeguard Program

Designed as a continuation to the Junior Lifeguard program. Instruction on pool safety, advanced rescue techniques, First Aid and basic CPR and swim lesson aide will be taught. The class will prepare participants for the American Red Cross Lifeguarding Training course that is offered. Upon successful completion, participants will be able to volunteer at either the Sports Center or Milpitas High School pools during the summer. Ages 13-14.

Please Note:

- Instructor: Recreation Aquatic Staff.
- Fee includes T-Shirt and City of Milpitas Jr. Lifeguard manual.
- Ages 13-14, or by approval from Jr. Lifeguard instructor.
- Bring swimsuit, towel and sunscreen.

#2724.301	13-14 y	Mon-Fri	10 meetings
7/9-7/20	8:00-10:00 am	Sports	\$60 / \$50

* = Fees are listed as Non-resident / Resident prices. See "Please Note" in class description.

Facility Locations: MCC = Community Center SPORTS = Sports Center MHS = Milpitas High School